



Macomb County MSU Extension Quarterly Packet

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Marilyn E. Rudzinski, Director

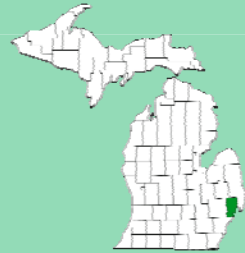


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MSU Extension Focus Areas:

Strengthening Families Advancing Economic Development Enriching Communities
Preserving a Healthy Environment Helping Youth Succeed

July 2006

Corn research promotes statewide innovation

With Macomb County's ranking as the highest sweet corn producer in the state, on-farm research is a top priority, significant for the entire southeast region. Macomb's sweet corn crop is valued at approximately \$3 million.

Michigan State University Extension (MSUE) conducts field trials with the cooperation of George Van Houtte of Northern Farm Market. These field trials have allowed producers to supply customers with the best tasting varieties on the market as well as those that offer high yield and performance in the field. In fact, 90 new and top-performing varieties have been tested in trials at the Van Houtte Farm since 2001. The results of these trials are widely distributed to the industry throughout the Great Lakes States, reaching thousands of growers, seed companies and crop advisors through printed and web-based distribution and educational programs.

In 2000 when a disease called Bacterial Stewart's Wilt threatened the industry in the Great Lakes States, MSU responded with a GREEN grant (Generating Research and Extension to meet Environmental and Economic Needs) that provided for a two-year research project in the county.

As a result, the industry responded with new, resistant varieties and seed treatments that have virtually eliminated the disease.

Preventing wormy ears also remain a major challenge to growers. In 1996, a statewide monitoring program for the European corn borer began providing growers advanced notice of impending worm infestation through a printed and e-mailed report – the Crop Advisory Team Alert. This is currently distributed to approximately 350 growers and crop advisors. In addition, the web-based version receives an average of well over 1,000 hits a week (as of July 2006). This monitoring program will be augmented in Summer 2006 by research into corn earworm resistance to insecticides across the state.

Contact: Hannah Stevens



MSUE staff and farmers in Macomb gather to sample sweet corn and share knowledge, research and resources. This partnership has been working to make the corn crop in Macomb a little sweeter each year.

Dreams become reality for farmers with disabilities

Several local families are watching their dream grow into a reality with the help of MSUE. Larry and Mary Collette of New Baltimore and Terry and Wes Talbot of Fair Haven know that there is an enormous need to provide a healthy and productive working environment for developmentally disabled adults. Both families have adult children with such disabilities and they have other friends and acquaintances with the same needs.

Several years ago they came up with a solution: creating a working farm where those with special needs could work in a comforting environment, produce fruits, vegetables and other products and market them to consumers. After a year of research, the Special Dreams Farm became organized with a 501c3 designation and the board began the work of making the dream come true.

Networking with many agencies and organizations, holding fundraisers and raising awareness, they contacted Michigan Agrability Project, which provides solutions for farmers with disabilities. This is where MSUE stepped in with business-plan coaching through the MSU Product Center and specialized services such as organic farming, greenhouse production guidance and marketing ideas.

“The passion and tenacity of these families is inspiring,” said Hannah Stevens, Horticultural Educator with Macomb County MSUE.

The group is beginning their adventure on a beautiful ten-acre plot, loaned to them by brothers John and Bill Arnold of Ira Township. While the families learn to raise fruits, vegetables and flowers and market them locally they will be looking for a permanent location where the farm can grow and answer the needs of many families.

Contact: Hannah Stevens



The Special Dreams Farm provides innovative working opportunities for persons with disabilities. The farm focuses on agricultural education, production and marketing.

Resource kits aim to enhance kids' math skills

The UAW-Ford Family Service and Learning Center (FSLC) Community Childcare Network in Macomb is comprised of 36 providers; 18 centers and 18 family and group homes caring for 62 UAW-Ford families (88 children). Network benefits to providers include training, sub care, Quality Enhancement Grants and resource kits, all of which are offered through a partnership with MSUE and Community Coordinated Child Care (4C) in Macomb County.

Resource kits have focused on diversity, science, literacy, sensory integration and math. The Math Kit contained a resource book, children's books, posters and other equipment. The primary goal of the Math Kits was to increase the number of times per week that providers engaged in math experiences with their children.

Providers introduced each item in the Math Kit, allowed children to interact with it, reintroduced the item at a later time and then answered survey questions regarding its effectiveness. Fourteen providers responded to the survey. The survey results indicated:

- Childcare providers increased the number of times they integrated math into their daily routine.
- The Math Kit enhanced everyday math activities in their homes and centers; 71 percent believing the Kits were an overall success.

Providers commented,

- “The kit has made math an everyday experience in our day care. Our children are showing improvement already!”
- “We are considering adding a ‘math table’ similar to the science table. The kit most definitely helped us to be more cognizant of integrating math into everyday activities.”

Since 2002, Macomb MSUE-4C has contracted with Bright Horizons on behalf of UAW-Ford FSLC to form a network of childcare providers caring for the children of UAW-Ford employees outside of FSLC childcare facilities.

Contact: Mary Frontiero



Volunteers Needed



*For the Macomb County 4-H
Proud Equestrian Program (PEP)*

No experience needed! Training is provided. Help a disabled youth gain a sense of achievement and raise their self-esteem.

- ◆ Volunteers assist youth in learning to ride a horse once a week for a minimum of four weeks.
- ◆ Volunteers can explore career opportunities in therapeutic riding, education and rehabilitation.
- ◆ Volunteers enjoy a rewarding community service activity while getting exercise.



When: Wednesday evenings, 6:00-8:15 p.m
Fall: August 30 through October 4, 2006

Where: 36411 Pound, Richmond, MI 48062

Contact: Alissa Simpson~ 586.783.0901
Mary Rader~ 810.326.0983

Name: _____

Address: _____

City & Zip: _____

Phone number: _____ **Age:** _____
(Must be age 14 or older)

☐ I have experience working with people with disabilities.

☐ I have experience working with horses.

Send us the information listed and our office will contact you.

Fax: 586-469-6948

Mail: MSUE 4-H PEP Coordinator
21885 Dunham Suite 12
Clinton Twp., MI 48036

Questions? Call 586.469.6431



Volume 19, Issue No.5

The 4C Connection Summer 2006

A Quarterly Publication Of

Macomb County MSU Extension – 4C

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Visit us on the web at www.macombcountymi.gov/msuextension

Hours of Operation: Tues—Fri 9:00 a.m. – 5:00 p.m. Mon 9:00 a.m. – 7:00 p.m.

Family Child Care Connections, Volume 14, Issue 1

Why Our Kids Aren't Moving: A Multi-Media Generation*

“Open your window on a sunny afternoon, and what do you hear? The chirping of singing birds? The yelling of playing children? Odds are these days that you’ll hear the birds but not the children. As kids spend more time in front of the television, computer and video screens, their physical activity levels have decreased. And their body weights have increased (Torgan, 2002).”

A sedentary lifestyle contributes greatly to the overweight epidemic in this country. Concerns about the safety of allowing children to play outside, paired with exciting new advances in technology and media are bringing our children indoors. Multi-media—including television watching, video games, and computer games—are greatly contributing to increased sedentary lifestyles among children (Dennison, et al., 2002). “Research has shown that children who consistently spend more than 10 hours per week watching television are more likely to be overweight, aggressive, and slower to learn in school (American Medical Association, 1999).”

According to recent data, the average American child watches:

- 3–5 hours of television a day,
- 21–23 hours per week,
- 1,500 hours in a year (compared to the 900 hours a year spent in school), and
- 7–10 years of television by the time the average child reaches age 70.

Neilsen data also show that it is the youngest children who tend to watch the most television. Additionally, according to a recent study, children who have television sets in their bedrooms have a higher risk of overweight (Dennison et al., 2002). The study showed that 38 percent of 1–4 year olds, and 54 percent of 6th and 7th graders had television sets in their bedrooms. Children with access to television in their rooms watched more television overall (almost 5 hours more, often unmonitored by an adult), and were more likely to be overweight. Finally, as computers have become so prevalent, more and more children are spending time behind the screen with keyboards or joysticks (for computer game playing) in hand. Though children’s television programming and computer time can be educational and beneficial, it is important to help them balance sedentary activity with a more active lifestyle and healthy eating/snacking practices.

In addition to the hours of television watched, “American children have viewed 360,000 advertisements on TV before graduating from high school (American Academy of Pediatrics, 1995).” The most frequently advertised category during children’s television programs is food—most often fast food and foods high in sugar content. Research has found that kids choose foods they have seen advertised (Dickey, 2002). Additionally, researchers have reported a correlation between TV, soft drink consumption, and obesity among adolescents. Long hours of television watching are linked to diets high in junk food (i.e., foods with little nutritional value) and low in fruits and vegetables (Dickey, 2002).

Teaching Good Media Habits: Establishing, Monitoring, and Modeling Good Habits*

Establishing, monitoring, and modeling good habits is important in all facets of life. Setting the standard for children by establishing the rules of your home or center and modeling a healthful lifestyle is a first step in guiding children to pursue lifelong healthy practices. It is the responsibility of parents and care providers to establish, monitor, and model good habits concerning the use of media. The following recommendations are intended to help you establish good media habits in your child care center or home:

- Limit television viewing to no more than 1- 2 hours per day (American Academy of Pediatrics, 1995). This means knowing how much TV children watch and not hesitating to reduce the time.
- Plan television viewing in advance. Use a TV guide or newspaper to select the shows you would like to watch (note the rating system for age-appropriateness). Help children and youth prioritize what they watch. Turn the set on for these programs only, or better yet, record the shows and eliminate the commercial viewing.
- Be a good role model. Though television may seem benign, our own habits and attitudes in front of the screen can influence children. If we are watching TV, we are also limiting important time that could be spent talking with each other and sharing in each other’s lives (Dickey, 2002).

- We must practice what we preach. This means having self-discipline regarding TV, computer, and video games. It also means modeling good behaviors as alternatives to media, such as physical activity, constructive hobbies, reading, etc.
- Minimize the influence of television. To keep the TV from being a central part of your child care program ...
 - Keep the TV off during mealtimes.
 - Make conversation a priority.
 - Don't center furniture around the TV.
- Avoid television viewing for children under the age of 2 years. Research on early brain development shows that young children have a critical need for direct interactions with parents and caregivers for healthy brain growth, as well as development of appropriate social, emotional, and cognitive skills (American Academy of Pediatrics, 1999).
- Don't use television, video games, or recreational computer time as a reward. Using these media as rewards may make their use seem more important to children.
- Support the Children's Television Act of 1990, which mandates programming of educational and instructional benefit to children and limits the amount of advertising allowed during children's programming.
- Educate children to be responsible consumers. Don't expect children to ignore commercials for snack foods and candy. Watch programs with children, and teach them that commercials are designed to sell products. Help children develop healthy eating habits and become smart consumers by recognizing a sales pitch. Studies document that children under age eight are unable to understand the intent of advertisements and accept advertising claims as true. These young viewers cannot distinguish advertising from regular television programming. Additionally, while older children understand the nature and intent of advertisements, many of the products advertised may be harmful to their health (American Academy of Pediatrics, 1995).
- Provide alternatives to television, video games, and recreational computer use. Parents and care providers are responsible for how much time their children spend in front of the TV, computer, or video screen.
- Encourage both indoor and outdoor activities for children—particularly those activities that encourage active play (i.e., fun physical activity).

Helpful Web Resources

Physical Fitness: Be Physically Active Each Day, Healthier US.GOV <http://www.healthierus.gov/exercise.html>

Promoting Physical Activity & Exercise among Children, Kid Source Online <http://www.kidsource.com/kidsource/content4/promote.phyed.html>

Overweight Children – Prevention & Treatment <http://pediatrics.about.com/cs/obesity/1/aa012503a.htm>

Community Info

McSacc Macomb County School-Age Child Care Council *"The Support and Networking Place to Be"*

McSacc is an organization for directors of school age child care programs that are part of a school district, religious organization or privately owned.

McSacc meetings are held the 2nd Thursday of each month at 9:00 a.m. at the Macomb ISD.

Please join us to

- Network
- Hear current updates from:
 - Consumer and Industry Services (Licensing)
 - 4C (Community Coordinated Child Care)
 - Department of Human Services (DHS)
 - Macomb ISD
 - State and Local Legislation
- Plan staff training opportunities
- Advocate for children
- Help plan the state conference



Early On, the system of early intervention for children 0-3 with special needs, is always interested in helping families.

If you work with a child who may be eligible for early intervention supports due to an established medical condition or a suspected developmental delay, encourage the family to call for a no-cost developmental evaluation. Special education services, play groups, infant massage classes, and parent-sibling classes are some of the supports offered through Early On.

Early On Macomb can be reached at
(586) 228-3331.

Early On St. Clair can be reached at
(810) 364-8990.

The Macomb County Child Care Provider's Association is a networking, support group for child care providers. **From September through May**, meetings are facilitated by the 4C office and are held the second Tuesday of the Month at the VerKuilen Building, in Clinton Township, from 7:30 p.m.– 9:00 p.m. During the summer months, less formal meetings are held at various locations.

The Association is comprised of persons who individually and collectively provide support for networking and learning. The Association's goal is to provide regular opportunities for communication and dialogue among persons interested in the education and care of young children and their families.

Come join other child care providers and individuals interested in the education and care of young children. Come share your ideas, questions and concerns! Come exchange information, handouts and conversation with other providers and individuals in early child care.



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4C is a program of the Macomb County Michigan State University Extension (MSUE-4C) serving both Macomb and St. Clair Counties. MSUE-4C is primarily funded through a contract from the Michigan Family Independence Agency. MSUE programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status or family status. Michigan State University (MSU), U.S. Department of Agriculture and Macomb County Board of Commissioners cooperating. MSU is an affirmative-action equal opportunity institution.

Address Update

- ☐ Please remove my name from your mailing list
- ☐ Please change address/name as noted
- ☐ I am receiving duplicates. Delete this label

Please mail update to the 4C Office.
Make sure to include the mailing label.

**DATED PUBLICATION
PLEASE DO NOT DELAY**

**INFORMATION AT
MACOMB COUNTY MSU EXTENSION
July—September 2006**

"Parenting Views or Healthy Bites"

Free Monthly Newsletters available on
our website:
www.msue.msu.edu/macomb

For Information on:
Home Ownership, Home Repair or
Money Management
Seminars, call
(586) 469-6430

For Information on:
The Expanded Food & Nutrition Program,
call (586) 469-6432

To learn about
volunteer opportunities in the Youth Men-
tor Program or about the 4H Program, call
(586) 469-6431

Sabina's Corner

Dear Sabina,

**What do you do about a nineteen-month-old who only bites one other child who is seventeen months old? Sincerely,
Biting Blues**

Dear Child Care Professionals,

Most biting occurs among toddlers who have limited language skills or ways to express their feelings. There are a variety of reasons as to why a child bites. Dr. Donna Wittmer, Scholastic Pre-K, addresses some of the possible reasons children bite as well as offers some practical solutions to manage the problem:

- ♦ **The child's need for autonomy and control:** Help toddlers achieve a balance between their need for control and their need for loving, firm limits.
- ♦ **Exploration:** Provide a variety of sensory-motor experiences.
- ♦ **Teething:** Provide young children with something to teeth on.
- ♦ **Peer Interaction:** Children need many social experiences to learn how to interact with each other.
- ♦ **Cause & Effect:** Provide toys that respond to children's actions.
- ♦ **Imitation:** Model loving, nurturing, sharing, positive behavior.
- ♦ **Attention:** Give the biter lots of positive, warm attention throughout the day.
- ♦ **Frustration:** Help young children develop behaviors for handling these feelings.
- ♦ **Anxiety/Stress:** Try to understand what is going on in your toddlers' lives beyond your setting.

In an effort to discourage biting, caregivers should evaluate the children's environment to ensure there is enough space and a variety of toys and equipment for everyone. There should be an appropriate mix of small and large group activities as well as structured and free choice time to avoid over-stimulation. Caregivers should be more proactive than reactive by diffusing problems before they occur. Most importantly, caregivers must teach and model appropriate behavior.

Caregivers must be cognizant of what is going on in the daycare environment, and be able to recognize and discern the root-cause of the behavior. When this is put into practice, modifications can be made to improve every aspect that affects the child's daycare experience. We must realize that biting is a frightening experience for the biter and the one who has been bitten. As in any conflict situation, we must approach quickly, calmly and firmly; while reassuring both children.

Biting by a child is unacceptable and cannot be tolerated. Most importantly, it hurts. We should never encourage a child to bite back or bite a child to show what it feels like. We should make the parents aware of the problem and work together to implement behavior modification strategies. Sometimes this problem can be more severe than what we can handle and expulsion becomes a consideration. The Macomb County Childcare Expulsion Prevention Program is an agency that can assist you in developing a behavioral plan in addition to offering other alternatives. If this does not remedy the problem, the parent may need to seek additional professional assistance.

Sources: Children's Home Society of California
D. Wittmer, Ph.D., Children Who Bite. Scholastic Pre-K Today, March 1992.

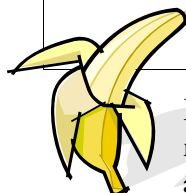


Email Policy

Child Care Providers may want to occasionally update their information or correspond with us via e-mail. In the case of an update, we emphasize including ALL information that has changed in your daycare since the last time you updated with us. Our 4C e-mail address is 4cr&r@macombcountymi.gov. We ask that you do not forward us any stories, jokes, chain letters etc. or anything not related to childcare business.



Information To Improve the Selection and Use Of Foods In Your Home



Potassium: Another Reason for Fruits and Vegetables

Volume XXIII

Foods high in potassium may help regulate fluids and mineral balance in and out of body cells, maintain normal blood pressure, help transmit nerve impulses and help muscles contract. Fruits and vegetables are among the best sources of potassium. This is yet another reason to eat five or more servings of fruits and vegetables a day.

This is a partial list of fruits and vegetables that are high in potassium:

- Apricot
- Banana
- Broccoli
- Cantaloupe
- Carrot
- Dates
- Mushrooms



- Potato
- Prunes
- Raisins
- Spinach
- Sweet Potato
- Swiss Chard
- Watermelon

Other food sources include: dry beans, lentils, peas, almonds and peanuts. Milk and yogurt supply potassium as well as calcium, another mineral that may guard against high blood pressure.

Note: Potassium chloride, as a salt substitute, isn't recommended. Unless used under medical supervision, it can be harmful to health.

Source: American Dietetic Association Complete Food and Nutrition guide

WORD WISE

Potassium chloride vs. potassium

Potassium is a mineral that is needed by the body to regulate blood pressures and nerve functions.

Potassium chloride is used as a salt substitute and should be used with medical supervision. Select herbs to satisfy seasoning needs.

Source: American Dietetic Association Complete Food and Nutrition Guide



STRAWBERRY BANANA SMOOTHIE

Ingredients

- 1 1/2 cups 1% low fat milk*
- 1 pint low fat vanilla yogurt
- 2 ripe bananas, peeled, sliced
- 1 1/4 cups sliced strawberries
- 2 tablespoons sugar
- 12 to 14 ice cubes
- *Can substitute lactose-free milk

Directions

In blender jar, combine milk, yogurt, bananas, strawberries and honey; add enough ice to measure 6 cups in blender. Process until smooth, scraping sides as necessary. Garnish each serving with strawberry slice and fresh mint if desired. Makes 5 servings (8 ounces each). Nutrition per serving: Calories 196, Total Fat 2.38 g, **Potassium 589 mg.**





Meal Planning Tips

An eating plan that may help lower your blood pressure is the DASH (Dietary Approaches to Stop Hypertension) diet.

- ◆ Eat at least two to three servings of low-fat dairy products and eight to ten servings of fruits and vegetables every day.
- ◆ Eat foods high in magnesium, calcium and potassium (see examples of this at the DASH website: www.nhlbi.nih.gov/hbp/index.html and select "DASH.")
- ◆ Cut down on the total fat you eat (especially saturated).
- ◆ Increase physical activity and monitor your weight.

Using Spices and Herbs in Place of Salt

Herbs and spices are a great alternative to salt. Add them to your food slowly because they take some getting used to. Here are a few suggestions:

- ◆ Add fresh herbs at the beginning of cooking and dried herbs at the end.
- ◆ For Italian dishes, use spices such as garlic, basil and oregano.
- ◆ For Mexican dishes, use spices such as chili powder, cumin, red pepper and cinnamon.
- ◆ For Asian dishes, try cloves, coriander and turmeric.
- ◆ For simple dishes, try black pepper, garlic and onion.

Source: FCS MSU Extension



CHECK THE LABEL

Potassium

Natural plant foods are usually high sources of potassium compared to many processed foods. The best potassium rich foods are fresh fruits and vegetables and dairy foods like milk and yogurt.

3,500 mg of potassium is recommended daily. For example, a one cup serving of fresh steamed broccoli contains 505 mg of potassium; fresh potato contains 720 mg of potassium.

Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 6%
Thiamin 8%	Riboflavin 2%
Niacin 8%	Vitamin B ₆ 10%
Folate 6%	Phosphorous 6%
Zinc 2%	Magnesium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Source: USDA

NUTRITION TRIVIA

Do you know what an UGLI FRUIT is?

It is a new citrus fruit - bred by crossing a grapefruit with an orange or tangerine. It is grapefruit sized, but loose-skinned, like a tangerine, with pinkish orange flesh that is sweeter than grapefruit and nearly seedless. Ugli fruit originated in Jamaica, but is now grown in Florida. Use ugli fruit as you would grapefruit or oranges - as a breakfast fruit or in salads and desserts.



Source: American Dietetic Association



Nutrition To Go!

Most of us lead very busy lives, which means sometimes making healthy choices can seem too difficult or time consuming to consider. But the principles of healthy eating apply wherever you eat. Choose a variety of foods from all food groups, increase your grains, fruit and vegetable consumption, choose leaner meats and lower-fat dairy products and select food prepared using little or no fat. A little planning can help you make healthy food choices wherever you go.

Grazing/Snacking:

Eating small meals or snacks throughout the day can bring nutrition into a busy life. Have “grazing foods” available for really hectic days when you don’t have time for “sit down meals.” Long periods without meals and meal skipping can increase impulse eating.

Different eating situations:

With a little thought and planning you can ensure your food choices are healthy ones. Limit some foods and choose others more often...



Handy snacks for grazing days:

Small bagels
Bran muffins
Whole grain crackers
Cold cereal
Rice cakes
Raisin bread
Cereal bars
Hard cooked eggs

Raw vegetables
Cheese or Yogurt
Juice
Pita Bread
Dried fruits, fresh fruit
Fig bars
Milk
Hummus



SITUATION	TRY TO LIMIT	CHOOSE INSTEAD
Meetings	Doughnuts, monster muffins, cookies, tea and coffee with cream.	Small muffins, bagels, scones, tea biscuits, fresh fruit, juice, milk
Vending machines/ catering trucks	Danish, chocolate bars, French fries, soft drinks, chips	Juices, pretzels, sandwiches, milk, soup, fruit, cereal boxes, yogurt, whole grain breads
Hectic schedule/long hours	Chips, cookies, coffee with cream. Hot dogs, pizza with double cheese & pepperoni	Fresh fruit, muffins, vegetable sticks, salads with lower-fat dressing, lean sliced meats, milk, yogurt
On the road	Chips, fried foods, large burgers, salads loaded with dressing	Small plain burgers, bagels, cereal bars, crackers and cheese, juice, turkey sandwiches, pizza with ham and vegetables

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



Copy cats permitted!



Want to be on our mailing list? Please call!

Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.

For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432

Parenting Views

"Help Kids Find Oz"

Use this summer to help your children develop their brain, heart and courage.

The *Wizard of Oz* story line reveals many of the key principles which help children develop character traits that will assist them in life. Character building is one of the vital issues in helping kids avoid problems.

Parents often focus on short-term issues, like getting junior to sit still, rather than identifying the character traits that would urge him to do so.

What the *Wizard of Oz* depicts is the development of three key character points needed to live a meaningful life, three ways of acting when faced with a challenge. Those three character points are:

1. To have a *brain*, is to operate with thoughtful intention;
2. To have a *heart*, is to be able to put yourself in the shoes of another and to empathize with their situation; and
3. To have *courage*, is to be courageous enough to stand up for what is right.

Dorothy found herself all alone on a journey with the support of only her dog. Along the way she found the character boost she needed. Imagine if people operated with the full function of heart, mind and courage. We would tell the truth thoughtfully in ways that could improve someone's life.

This summer help kids build character by:

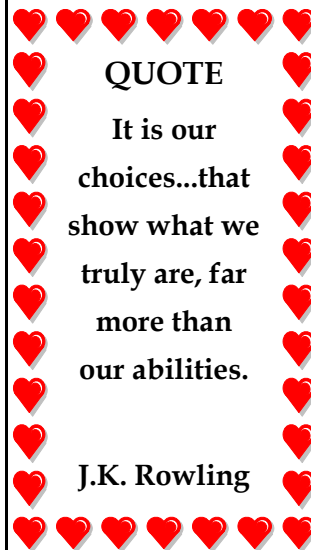
- ♥ Keeping it simple. Choose a maximum of three traits and work on those only (try heart, thought, and courage for starters).
- ♥ Using stories to illustrate character traits. Check out *Aesop's Fables*, or movies such as the *Wizard of Oz*.
- ♥ Character is developed by observing others. Know that 95% of what is learned is through observation. They watch what adults do.
- ♥ Character traits vary from culture to culture. Converse with other adults and friends of your children to make sure everyone is on the same page.
- ♥ Allow your children to observe adults in many situations. Point out people with desired characteristics in books or movies or life. Point it out when your children operate with the desired character traits. Examples: "I saw you take a moment to think before you spoke," or "I noticed you asking your friend about what it was like to lose the ball game," or "It took a lot of courage to speak up about not hurting other feelings by calling them names."



And in the end what did Dorothy learn? "There's no place like home!" Values, virtues, and especially character are developed at home. While we may look to other solutions, summer is the prime time to add to the developing character of your child.



July ~ August 2006



QUOTE

It is our
choices...that
show what we
truly are, far
more than
our abilities.

J.K. Rowling

Fun things to do this summer with your child(ren):

Call your local fire department for a tour of the station and "Open House" dates.

July 6, 13, 20 20 and 27th - Roseville (586) 445-5440 - Walk Michigan and Tunes on Thursdays
Veterans Memorial Park

July 8 - July 29, Thursdays - Macomb Township (586) 992-0710 - Outdoor Concert Series

July 20 - 23 - Fraser (586) 293-3102 - City Picnic and Fireworks

August 3 - 5 - Sterling Heights (586) 446-2489 - Sterlingfest Art and Jazz Festival

August 5 - Mt Clemens (586) 469-6818 - Festival of Lights Boat Parade

August 9 - 13 - St. Clair Shores (586) 445-5200 - Venetian Festival and Fireworks

August 12 - Fraser (586) 293-3102 - Outdoor Movie at Steffens Park

August 15 - 20 - Armada Fair

August 19 - Woodward Dream Cruise www.enjoybirmingham.com (248) 644-1700



"What Can We Do at Home Today?"

In The Sun:

- ☀ Lie on the ground and describe the shapes of the clouds.
- ☀ Take a nature walk. When you get home, ask your child to write or draw all the things you saw or collected. Adults can label the drawings with the children's words. "Collect" these words in a writer's journal.
- ☀ Play the "Silent Walking Game" when you're walking in the park, woods, or neighborhood. Walk quietly for a few minutes or until your child can't stay silent any longer. Then have each family member recall the sounds they heard during the walk. Repeat as long as you are having fun.
- ☀ At the beach or in the garden, draw shapes in the sand or soil. Can your child match the shape? Try making them "giant-sized" by walking the shapes or letters. Pretend you are writing messages to airplanes that might pass by.

Other Fun Stuff to Do at Home - Inside

Sponge Balls

With wet, squishy toys made from kitchen sponges, cooling off on a hot summer day can be as easy as playing a game of catch.

To make one sponge ball, you need three new sponges the same size (4 1/4 x 2 3/4 x 1/2 inch sponges work well).

With a pen and a ruler, make five lines lengthwise on a sponge about 1/2 inches apart. With scissors, cut the sponge into six strips. Repeat with other two sponges.

Lay strips on top of each other in three layers, six strips to a layer.

Cinch them across the middle with a piece of string, knot it tightly. Fluff pieces out into a ball. Then soak in water and let the games begin!

Paint the House

With a large paint brush and a bucket of water—you can paint anything! Kids can have fun "painting" the house, the driveway, their bike, just about anything!

When the water dries, paint it again!

Backyard Obstacle Course

Set up an obstacle course around the edge of your yard letting the kids use their imaginations. Create things to crawl under or through (i.e. the picnic table or a box), climb on things to jump off, run around obstacles.

Even make an obstacle course around the neighborhood—parking blocks form balance beams. When you come to a hill—run, jump, and/or roll up and down it. On cold or rainy days, you can even make one in the house!

Check our website:

www.macombcountymi.gov/msuextension

- ☉ Calendar of upcoming programs
- ☉ Program descriptions
- ☉ Volunteer opportunities
- ☉ The past years Parenting Views

Want to be on our mailing list? Please call! Note: Parenting Views may be reproduced and distributed. If copied please copy intact with logos & resources. Please let us know the number distributed for our tally.

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Copy cats permitted!



MSU Extension ~ Family Programs
21885 Dunham Rd. - Suite 12
Clinton Township, MI 48036
Phone: (586) 469-5180

**MICHIGAN STATE
UNIVERSITY
EXTENSION**

**FOR IMMEDIATE RELEASE
07/13/06**

**Contact: Steve Stewart
Sea Grant Agent
586-469-7431
stew@msu.edu**

Summer Discovery Cruises Explore Lake St. Clair and Detroit River

CLINTON TOWNSHIP, MI – 07/13/06 – MSU Extension (MSUE), Michigan Sea Grant and the Huron-Clinton Metropolitan Authority are sponsoring Summer Discovery Cruises throughout July and August. Come explore the history and beauty of Lake St. Clair and the lower Detroit River this summer. To learn more about specific cruise opportunities, view the cruise schedule or download a registration form, please see www.miseagrant.umich.edu/discovery or call 586-463-4332 (Lake St. Clair) or 734-379-5020 x5736 (Detroit River).

Open to the public, the two-hour guided boat tours highlight the artistic beauty, science, history and natural features of these two important waterways. One feature of the Lake St. Clair cruise is the St. Clair Flats—part of largest freshwater delta in the world.



MACOMB COUNTY

Cooperative Extension Service

21885 Dunham, Suite 12
Clinton Township, Michigan
48036

(586) 469-5180
Fax: (586) 469-6948

Marilyn E. Rudzinski
County Extension Director

*Michigan State University
Extension programs and
materials are open to all without
regard to race, color, national
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disability, political beliefs,
sexual orientation, marital
status, or family status.*

*Michigan State University, U.S.
Department of Agriculture, and
Macomb County Board of
Commissioners cooperating.*

*MSU is an affirmative-action,
equal-opportunity institution.*

“The St. Clair Flats remains a mystery to most Michigan residents,” says cruise leader Steve Stewart of Michigan Sea Grant. “Yet this area is critically important to regional fishery and wildlife resources, offers a superb recreational environment, and is historically fascinating.”

Discovery Cruises on the lower Detroit River take visitors through the Detroit River International Wildlife Refuge and the unique Humbug Island and marsh complex, which also boasts a compelling history.

The cruises are ideal for all age groups and perfect for a family outing. Both locations will host multiple cruises with the following themes: Eagle’s Eye Nature Cruise (Detroit River); St. Clair Flats Nature Cruise (Lake St. Clair); River of Time History Cruise; Great Lakes Science Cruise for Teachers; Flowing Ideas Art Cruise; Fisheries Cruise; and a Steamboat Stories cruise.

For more information on any of the Macomb MSUE community programs including Children-Youth-Family, Agriculture and Natural Resources or Community and Economic Development, please call 586-469-5180, Monday through Friday from 8:30 a.m. to 5 p.m.

****END****

Bringing Knowledge to Life!

2006 SUMMER DISCOVERY CRUISES
Lower Detroit River at Lake Erie Metropark
REGISTRATION REQUEST FORM

Name: _____
Address: _____
City/State: _____ Zip: _____
Phone: _____ E-mail _____

DATE & TIME OF DISCOVERY CRUISE(S) – Check *all* that apply*

Wednesday, July 26:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Thursday, July 27:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Friday, July 28:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Saturday, July 29:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Sunday, July 30:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Wednesday, August 2:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Thursday, August 3:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Friday, August 4:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Saturday, August 5:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Sunday, August 6:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Wednesday, August 9:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Thursday, August 10:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Friday, August 11:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Saturday, August 12:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Sunday, August 13:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.

*CHECK SCHEDULE FOR PROGRAM THEMES & LAUNCH INFORMATION

DISCOVERY CRUISE FEES - \$15 (Adult)/\$10 (Children under 18 yrs.)

Number of Adults (x\$15) _____ + Number of Children (x\$10) _____

TOTAL Amount Due _____

SEND COMPLETED REGISTRATION FORMS AND PAYMENT TO:

Summer Discovery Cruises
Lake Erie Metropark/Marshlands Museum
P.O. 120
Brownstown, MI 48173

MAKE CHECKS PAYABLE TO: Lake Erie Metropark (Discovery Cruises)

CREDIT CARD PAYMENT: ☐ Master Card ☐ Visa _____ Expiration Date

Name on card: _____

Card number: _____

QUESTIONS? Call 734-379-5020

Reservation Confirmation: Submitting this reservation request form with payment does NOT confirm your reservation. Confirmation will be provided to you by the Metropark following receipt of your reservation request and payment.

Refund Policy: Refunds will be provided if participant cancellations are made 7 or more days in advance of confirmed reservations. Refunds or rescheduling, at the discretion of the participant, will be made when cruise cancellations are due to weather, schedule changes less than 7 days in advance, or vessel-related reasons.

2006 SUMMER DISCOVERY CRUISES
Lake St. Clair at Metro Beach Metropark
REGISTRATION REQUEST FORM

Name: _____
Address: _____
City/state: _____ Zip: _____
Phone: _____ E-mail _____

DATE & TIME OF DISCOVERY CRUISE(S) – Check *all* that apply*

Wednesday, June 21:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Thursday, June 22:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	
Friday, June 23:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	
Saturday, June 24:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Sunday, June 25:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Wednesday, August 16:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Thursday, August 17:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Friday, August 18:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Saturday, August 19:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.
Sunday, August 20:	<input type="checkbox"/> 10 a.m.	<input type="checkbox"/> 2 p.m.	<input type="checkbox"/> 6 p.m.

***CHECK SCHEDULE FOR PROGRAM THEMES & LAUNCH INFORMATION**

DISCOVERY CRUISE FEES - \$15 (Adult)/\$10 (Children under 18 yrs.)

Number of Adults (x\$15) _____ + Number of Children (x\$10) _____

TOTAL Amount Due _____

SEND COMPLETED REGISTRATION FORMS AND PAYMENT TO: Summer Discovery Cruises
Metro Beach Metropark/Nature Center
P.O. Box 46905
Mt. Clemens, MI 48046

MAKE CHECKS PAYABLE TO: Metro Beach Metropark (Discovery Cruises)

CREDIT CARD PAYMENT: ☐ Master Card ☐ Visa _____ Expiration Date

Name on card: _____

Card number: _____

QUESTIONS? Call 586-463-4332

Reservation Confirmation: Submitting this reservation request form with payment does NOT confirm your reservation. Confirmation will be provided to you by the Metropark following receipt of your reservation request and payment.

Refund Policy: Refunds will be provided if participant cancellations are made 7 or more days in advance of confirmed reservations. Refunds or rescheduling, at the discretion of the participant, will be made when cruise cancellations are due to weather, schedule changes less than 7 days in advance, or vessel-related reasons.

Michigan State University Extension - Michigan Sea Grant College Program
Huron-Clinton Metropolitan Authority



Macomb Homebuyer's Affordable Housing Seminars

FREE Seminar...

Topics include:

- ♦ Renting vs. Buying
- ♦ Affordable Neighborhoods
- ♦ Government & Bank Loan Programs
- ♦ Down Payment Assistance
- ♦ Saving Money & Cleaning Up Credit



See back for maps to locations.

Seminar Schedule

(A) Tuesday, July 25, 2006 MSU Extension, Clinton Township	10 a.m. to Noon
(B) Thursday, August 24, 2006 Leaps and Bounds, Warren	6:30 - 8:30 p.m.
(C) Wednesday, September 20, 2006 Leaps and Bounds, Warren	6:30 - 8:30 p.m.
(D) Tuesday, October 17, 2006 Guest Community Center, Roseville	6:30 - 8:30 p.m.
(E) Thursday, November 16, 2006 Leaps and Bounds, Warren	6:30 - 8:30 p.m.
(F) Wednesday, December 16, 2006 MSU Extension, Clinton Township	10 a.m. to Noon

2006 Macomb Homebuyer's Affordable Housing Seminar - Registration Form

Name: _____ Phone: _____

Address: _____

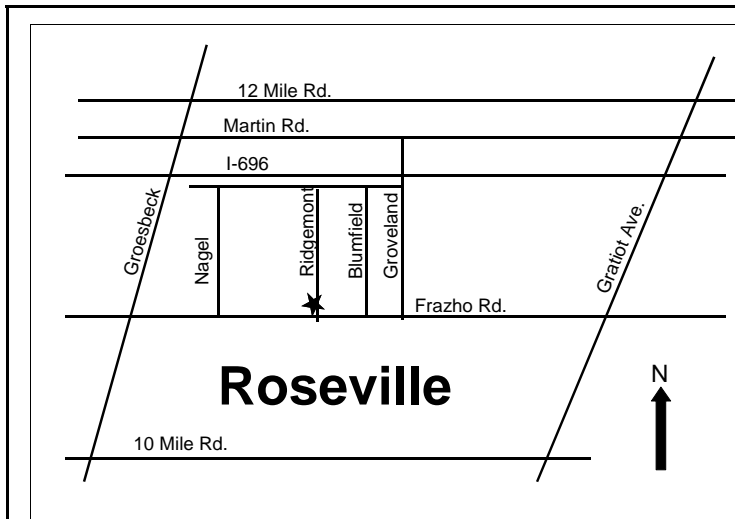
City, State: _____ Zip: _____

I would like to attend the following seminar (check one):

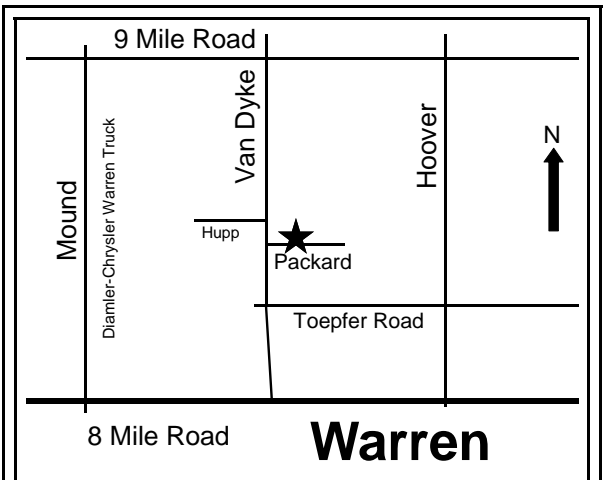
___ (A) July 25 ___ (B) Aug. 24 ___ (C) Sept. 20 ___ (D) Oct. 17 ___ (E) Nov. 16 ___ (F) Dec. 16

To attend this FREE seminar return this form to:
Macomb MSU Extension - Housing
21885 Dunham Road, Suite 12
Clinton Township, MI 48036

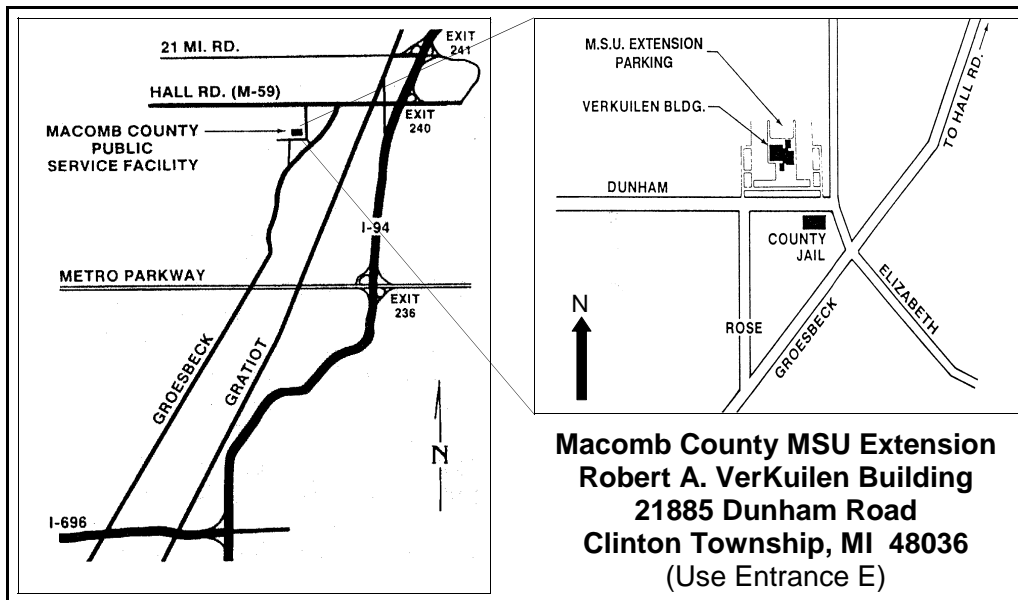
For additional information,
call (586) 469-6430.



Guest Community Center
16221 Frazho
Roseville, MI 48066
(Corner of Frazho & Ridgmont)



Leaps and Bounds Family Services
@ Mt. Calvary Lutheran Church
8129 Packard
Warren, MI 48089
(South of 9 Mile, east of Van Dyke)
Parking behind church on Hupp at Automobile



Macomb County MSU Extension
Robert A. Verkuilen Building
21885 Dunham Road
Clinton Township, MI 48036
(Use Entrance E)

Macomb Homebuyer's Affordable Housing Seminars

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Home Ownership Seminars 2006

FREE, two-part program provides basic information needed to effectively shop for and finance a home.

Meets educational requirements for most community lending programs.
Certificate presented upon completion of both sessions.

Community professionals and staff discuss the following topics:

- ◆ House Hunting
- ◆ Shopping for a Mortgage
- ◆ Getting a Home Inspection
- ◆ Closing the Deal



See maps on reverse side for directions.

2006 Seminar Schedule

All classes are held from 6:30 to 9 p.m.

- A. Tuesday, January 31 AND February 7 at MSU Extension
- B. Wednesday, March 1 AND 8 at MSU Extension
- C. Wednesday, April 5 AND 12 at Leaps and Bounds
- D. Tuesday, May 16 AND 23 at MSU Extension
- E. Wednesday, June 21 AND 28 at Warren Community Center
- F. Thursday, July 20 AND 27 at MSU Extension
- G. Tuesday, August 22 AND 29 at MSU Extension
- H. Monday, September 18 AND 25 at MSU Extension
- I. Wednesday, October 18 AND 25 at Leaps and Bounds
- J. Wednesday, November 29 AND December 6 at MSU Extension

2006 Home Ownership Seminar – Registration Form

Name: _____ Phone: _____

Address: _____

City/State: _____ Zip: _____

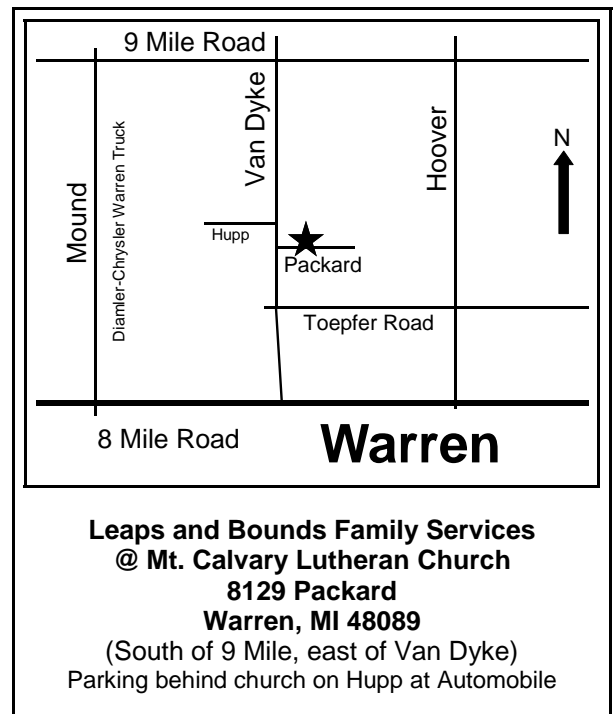
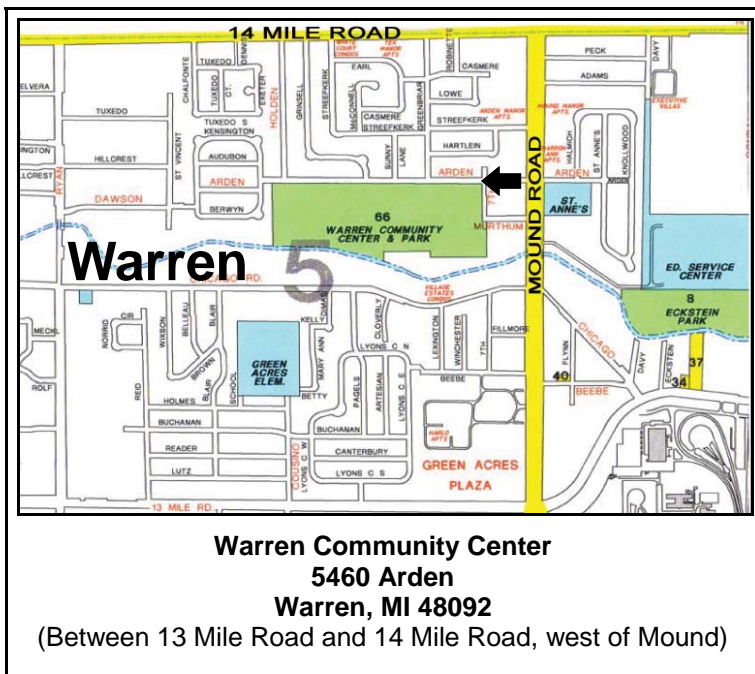
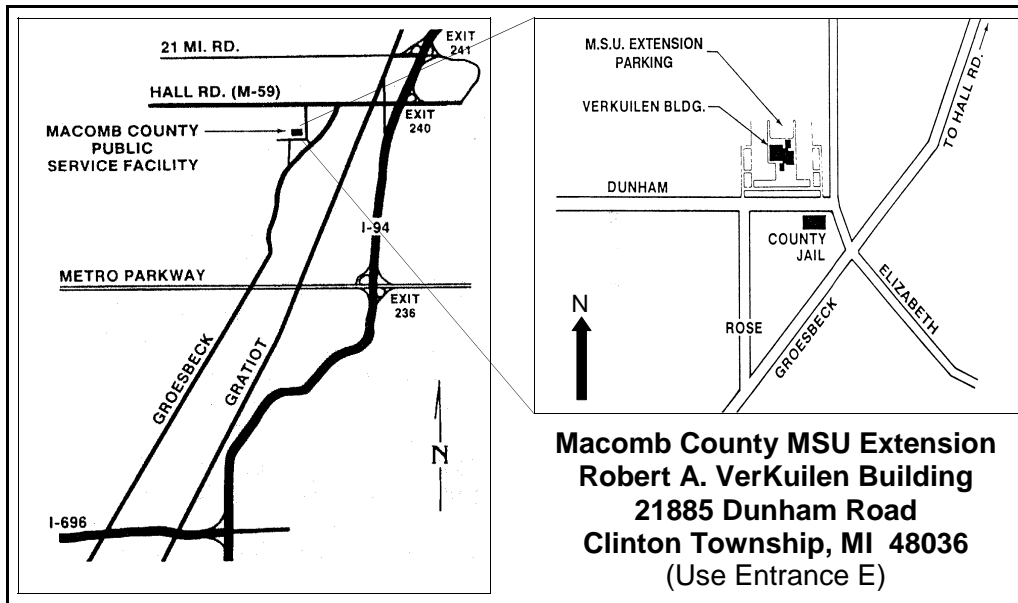
Return this form to:

Macomb County MSU Extension – HOUSING
21885 Dunham Road, Ste 12
Clinton Township, MI 48036

Yes, I would like to attend the following seminar (Check one):

☐ (A) Jan 31 & Feb 7 ☐ (B) March 1 & 8 ☐ (C) April 5 & 12 ☐ (D) May 16 & 23 ☐ (E) June 21 & 28
☐ (F) July 20 & 27 ☐ (G) Aug 22 & 29 ☐ (H) Sept 18 & 25 ☐ (I) Oct 18 & 25 ☐ (J) Nov 29 & Dec 6

For additional information, call 586-469-6430.



Home Ownership Seminars 2006



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COOKING and COMMUNICATION FOR SINGLE DADS

Bring your kids! Make and share a meal together, learning about nutrition. Then kids participate in supervised activities while dad's share their stories and get parenting tips. Children should be between four and twelve years of age.

Four Session Program
Wednesdays, 6-7:30pm

- | | |
|---------------------|---|
| September 13 | Making a mighty meal together
& Creating parent/child cooperation. |
| September 20 | Beat" your bills – Budgeting food dollars
& Get results without 'beating' your kids. |
| September 27 | Label lingo & separating fat from fiction
& Praise that works plus freeing kids from
what they've been labeled. |
| October 4 | Ready, Get Active, Go! & Getting
Independent Problem Solvers. |



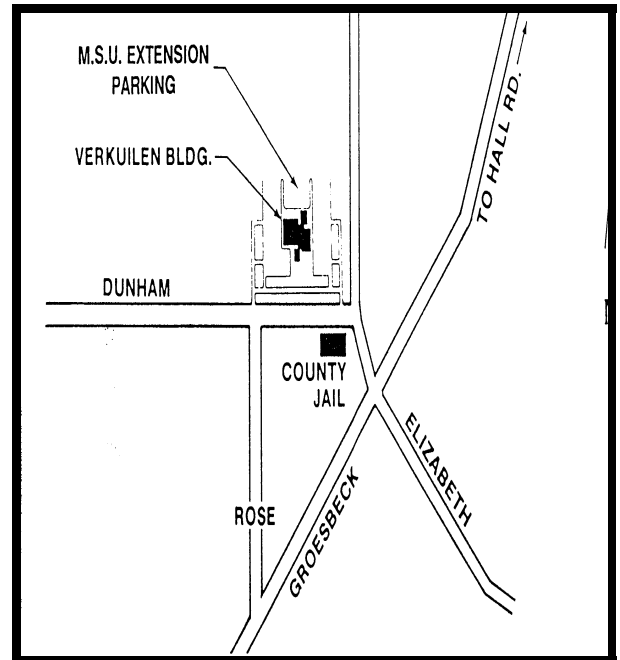
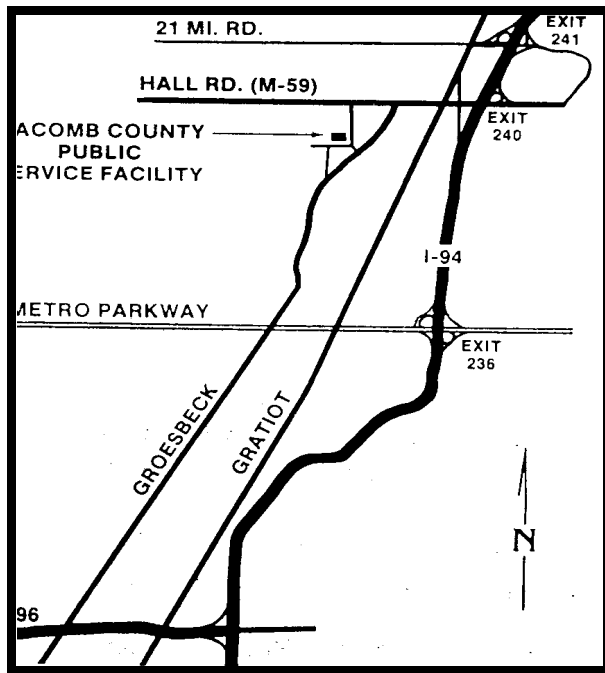
****Minimum of 6 dads registered required.
Registration closes at 12 dads plus kids**

***VerKuilen Building
21885 Dunham
Assembly Room A, Door Entrance E
Clinton Township, MI 48036***

**This class is open to all families in Macomb County.
Registration is required. Call 586-469-5180
Cost \$10 per family for food supplies and parenting workbook**

Presented by Eileen Haraminac, Nutrition & Su Porter, Parenting, MSU Extension Educators
Complete all four classes & receive a Certificate of Recognition

**Cooking & Communication for Single Moms – October 18 – November 8, 2006 in Warren
Cooking & Communication for Couples - November 29 – December 20, 2006 in Clinton Township**



Macomb County MSU Extension
21885 Dunham Rd
Assembly Room A, Door Entrance E
Clinton Township, MI 48036